

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1(currently amended). A batter training apparatus comprising:

- a. a ground frame section;
- b. a forward motion restraint attached to said ground frame section, said forward motion restraint ~~including a vertical member~~ comprising at least two substantially vertical members extending from said ground frame section and a substantially horizontal member extending from between said vertical ~~member~~ members;
- c. a ball launcher; and
- d. a trigger for activating said ball launcher, wherein said trigger comprises a cord extending between said vertical members.

2(original). The batter training apparatus according to claim 1, wherein said vertical member and said horizontal member are attached at substantially right angles to one another.

3-4(canceled).

5(currently amended). The batter training apparatus according to ~~claim 3~~ claim 1, wherein said vertical members are less than approximately 2.5 feet in height.

6(currently amended). ~~The batter training apparatus according to claim 1, further including~~ A batter training apparatus comprising:

- a. a ground frame section;

- b. a forward motion restraint attached to said ground frame section, said forward motion restraint comprising a substantially vertical member extending from said ground frame section and a substantially horizontal member extending from said vertical member;
- c. a ball launcher;
- d. a trigger for activating said ball launcher.
- e. a foot plate attached to said ground frame section; and
- f. wherein said trigger includes a cord attached to said foot plate and extending to a release pin on said ball launcher.

7(original). The batter training apparatus according to claim 6, wherein said foot plate is pivotally mounted on said ground frame section.

8(original). The batter training apparatus according to claim 1, wherein said ball launcher is connected to said ground frame section.

9(currently amended). The batter training apparatus according to ~~claim 1~~ claim 6, wherein said trigger is operatively connected to a foot plate.

10(currently amended). The batter training apparatus according to ~~claim 1~~ claim 6, wherein said vertical member is pivotally mounted on said ground frame section and said horizontal member forms a substantially perpendicular angle with said vertical member.

11(currently amended). ~~The batter training apparatus according to claim 10;~~ A batter training apparatus comprising:

- a. a ground frame section;
- b. a forward motion restraint attached to said ground frame section, said forward motion restraint comprising a substantially vertical member extending

from said ground frame section and a substantially horizontal member extending from said vertical member;

c. a ball launcher;

d. a trigger for activating said ball launcher.

e. wherein said vertical member is pivotally mounted on said ground frame section and said horizontal member forms a substantially perpendicular angle with said vertical member; and

f. wherein said forward motion restraint is radially adjustable relative to said ground frame section.

12(original). The batter training apparatus according to claim 9, wherein the position of said ball launcher relative to said ground frame section is adjustable.

13(original). The batter training apparatus according to claim 8, wherein said ground frame section is configured such that said forward motion restraint and said ball launcher are reversible to accommodate either a left-handed or a right-handed batter.

14(canceled).

15(original). The batter training apparatus according to claim 1, wherein said ground frame section is generally U-shaped.

16(original). The batter training apparatus according to claim 1, further including an attachment for a baseball bat comprising:

a. a support tube having a diameter approximate to that of a bat at said bat's striking surface; and

b. three substantially flat striking surfaces connected to and surrounding said support tube, thereby forming a triangular structure around said support tube.

17(original). The batter training apparatus according to claim 1, wherein said forward motion restraint is adjustable such that it will press against a user's lead leg between said user's shin and hip.

18(original). A batter training apparatus comprising:

- a. a ground frame section;
- b. a forward motion restraint attached to said ground frame section, said forward motion restraint being adjustable such that said forward motion restraint is positionable at various levels with respect to a body of a user positioned to use said training apparatus;
- c. a ball launcher;
- e. a foot plate attached to said ground frame section; and
- d. a trigger for activating said ball launcher, wherein said trigger includes a cord attached to said foot plate and extending to a release pin on said ball launcher.

19(original). The batter training apparatus according to claim 18, wherein said ball launcher includes a spring slot in which said release pin travels and a cocking notch at a bottom portion of said release.

20(canceled).